

4-3 **D**efense



4 Drinks MAX for Men

3 Drinks MAX for Women

*For a safer game plan**

“Binge drinking” (≥ 5 men/4 women drinks per sitting) is associated with various consequences including: accidents, sti’s, suicide, interpersonal violence, unintended pregnancies, and various health conditions

“Drinks” are defined as: 12 oz of regular beer; 5 oz of wine; or 1.5 oz of liquor

Certain people should avoid alcohol completely, including those who: Plan to drive or operate machinery, are going to work; have certain medical conditions or take associated medications; are recovering from, or struggling with an alcohol use disorder; and those who are pregnant or trying to become pregnant

Contact the ADAPT Clinic at DSN 226-8602 for additional questions